

Intimate partner, domestic and family violence can take many forms, including:

**Physical (including threats):** being hit, pushed, spat at, pinched or hurt

**Verbal, Emotional & Psychological:** put downs, threatening suicide or self harm

**Isolation:** hindering contact with others

**Property Damage:** punching walls, breaking furniture

**Financial:** hindering employment or controlling family assets and money

**Sexual Abuse:** forced sex filming or photographing without consent

**Tech Abuse:** online stalking or tracking

**Spiritual:** forcing someone to or not allowing someone to practice a religion

**Outing:** making threats to or outing someone, especially for members of the LGBTIQA+ community

**Withholding Medication or Equipment:** especially for those experiencing a disability

**Providing support for all people in the ACT community with:**

Crisis Intervention

Legal Advocacy

Support to young people and their families

Support to men to address their use of family or domestic violence

Support Groups for women, men and children

Security Upgrades

Emergency Accommodation

Safety Planning

Awareness, Education & Training

**DVCS is an inclusive service working with children, young people and adults**

**24 Hour Crisis Line:**

02 6280 0900

**Crisis Email:**

[crisis@dvcs.org.au](mailto:crisis@dvcs.org.au)

**Facebook, Twitter & Instagram:**

[@DVCSACT](https://www.facebook.com/DVCSACT)

[www.dvcs.org.au](http://www.dvcs.org.au)



**dvcs** | Domestic Violence  
Crisis Service

**24 Hour Crisis Line:**  
**02 6280 0900**





## What is intimate partner, domestic and family violence?

Intimate partner, domestic and family violence is about power and control. This combines some, or all, of the elements referred to overleaf. While in the relationship the person using violence is maintaining a level of power and/or control over the person subjected to violence. When the person subjected to violence wants to end the relationships the person using violence can become more violent, including the use of physical violence, due to being at risk of losing their power and control. This is why a person leaving a violent relationship is most at risk immediately after or immediately prior to leaving the relationship.

Many people don't realise they are in an abusive relationship, especially those who do not experience any physical violence, until after significant damage has occurred.

It is not uncommon for people living in abusive relationships to continue doing so, for a variety of reasons. Often they are fully attuned to the “build-up” phase and can start to implement their safety plans to avoid any physical violence.

If you are concerned about yourself, or someone who might be in an abusive relationship the best thing you can do is provide support. Let the person subjected to violence make their own decisions, but be available to provide information or guidance. Remember a person who has been subjected to violence has been “controlled” and does not need to enter into another controlling dynamic with a friend/family member.



Intimate partner, domestic and family violence all falls under the same umbrella. It is violence and abuse that occurs within the family unit and intimate partner relationships.

It occurs when a family member or partner exerts power and control over their family member(s) or partner. The relationship can include spouses, partners, siblings, parents and children.

It does not have to occur within the home or between people who are living together.

It affects people of all ages, races, religions, socioeconomic backgrounds, gender identification, sexual orientation, cultural and ethnic backgrounds.